



ORDER: 999999-9999  
 PATIENT: Sample Patient  
 ID: 999999  
 SEX: Male  
 AGE: 60 DOB: 01/01/1960

CLIENT #: 999999  
 DOCTOR:  
 Doctors Data Inc  
 123 Main St.  
 St. Charles, IL 60174 USA

*Toxic Metals; urine*

TOXIC METALS					
		RESULT µg/g Creat	REFERENCE INTERVAL	WITHIN REFERENCE	OUTSIDE REFERENCE
Aluminum	(Al)	1.6	< 15		
Antimony	(Sb)	0.074	< 0.18		
Arsenic	(As)	12	< 40		
Barium	(Ba)	1.6	< 5		
Beryllium	(Be)	<dl	< 0.10		
Bismuth	(Bi)	0.24	< 0.8		
Cadmium	(Cd)	0.35	< 0.6		
Cesium	(Cs)	12	< 9		
Gadolinium	(Gd)	<dl	< 0.5		
Lead	(Pb)	0.52	< 1.1		
Mercury	(Hg)	1.0	< 0.8		
Nickel	(Ni)	3.9	< 4		
Palladium	(Pd)	<dl	< 0.2		
Platinum	(Pt)	<dl	< 0.1		
Tellurium	(Te)	<dl	< 0.2		
Thallium	(Tl)	2.2	< 0.4		
Thorium	(Th)	<dl	< 0.007		
Tin	(Sn)	0.34	< 3		
Tungsten	(W)	<dl	< 0.4		
Uranium	(U)	<dl	< 0.03		

URINE CREATININE							
	RESULT mg/dL	REFERENCE INTERVAL	-2SD	-1SD	MEAN	+1SD	+2SD
Creatinine	17.9	35 – 240					

SPECIMEN DATA	
<b>Comments:</b> <b>Date Collected:</b> 08/01/2020 00:00 <b>Date Received:</b> 08/03/2020 00:00 <b>Date Reported:</b> 08/04/2020 00:00 <b>Methodology:</b> ICP-MS QQQ, Creatinine by Jaffe Reaction	<b>Collection Period:</b> Random <b>pH upon receipt:</b> Acceptable

< dl: less than detection limit  
 Results are creatinine corrected to account for urine dilution variations. Reference intervals are based upon NHANES (cdc.gov/nhanes) data if available, and are representative of a large population cohort under non-provoked conditions. Chelation (provocation) agents can increase urinary excretion of metals/elements.



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*Essential Elements; urine*

ESSENTIAL ELEMENTS							
	RESULT mEq/g Creat	REFERENCE INTERVAL	PERCENTILE				
			2.5 <sup>th</sup>	16 <sup>th</sup>	50 <sup>th</sup>	84 <sup>th</sup>	97.5 <sup>th</sup>
Sodium (Na)	125	40 – 200					
Potassium (K)	99.2	20 – 90					
	RESULT µg/mg Creat						
Phosphorus (P)	611	150 – 1000					
Calcium (Ca)	177	20 – 250					
Magnesium (Mg)	241	20 – 200					
Zinc (Zn)	0.32	0.09 – 1.3					
Copper (Cu)	0.0072	0.003 – 0.022					
Sulfur (S)	607	250 – 900					
Molybdenum (Mo)	0.0400	0.01 – 0.11					
Boron (B)	5.1	0.5 – 3.8					
Lithium (Li)	0.0498	0.008 – 0.18					
Selenium (Se)	0.259	0.03 – 0.2					
Strontium (Sr)	0.253	0.035 – 0.26					

	RESULT µg/g Creat	REFERENCE INTERVAL	PERCENTILE	
			68 <sup>th</sup>	95 <sup>th</sup>
Cobalt (Co)	0.70	< 1		
Iron (Fe)	<dl	< 50		
Manganese (Mn)	<dl	< 0.4		
Chromium (Cr)	0.98	< 1.5		
Vanadium (V)	<dl	< 0.6		

URINE CREATININE							
	RESULT mg/dL	REFERENCE INTERVAL	PERCENTILE				
			-2SD	-1SD	MEAN	+1SD	+2SD
Creatinine	17.9	35 – 240					

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<b>Date Received:</b> 08/03/2020 00:00	<b>pH upon receipt:</b> Acceptable
<b>Date Reported:</b> 08/04/2020 00:00	
<b>Methodology:</b> ISE, Spectrophotometry, ICP-MS QQQ, Creatinine by Jaffe Reaction	

< dl: less than detection limit  
 Results are creatinine corrected to account for urine dilution variations. Reference intervals are based upon NHANES (cdc.gov/nhanes) data if available, and are representative of a large population cohort under non-provoked conditions. Chelation (provocation) agents can increase urinary excretion of metals/elements.

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### Introduction

This analysis of urinary elements was performed by ICP-Mass Spectroscopy following acid digestion of the specimen. Urine element analysis is intended primarily for: diagnostic assessment of toxic element status, monitoring detoxification therapy, and identifying or quantifying renal wasting conditions. It is difficult and problematic to use urinary elements analysis to assess nutritional status or adequacy for essential elements. Blood, cell, and other elemental assimilation and retention parameters are better indicators of nutritional status.

- 24 Hour Collections

"Essential and other" elements are reported as mg/24 h; mg element/urine volume (L) is equivalent to ppm. "Potentially Toxic Elements" are reported as µg/24 h; µg element/urine volume (L) is equivalent to ppb.

- Timed Samples (< 24 hour collections)

All "Potentially Toxic Elements" are reported as µg/g creatinine; all other elements are reported as µg/mg creatinine. Normalization per creatinine reduces the potentially great margin of error which can be introduced by variation in the sample volume. It should be noted, however, that creatinine excretion can vary significantly within an individual over the course of a day.

If one intends to utilize urinary elements analysis to assess nutritional status or renal wasting of essential elements, it is recommended that unprovoked urine samples be collected for a complete 24 hour period. For provocation (challenge) tests for potentially toxic elements, shorter timed collections can be utilized, based upon the pharmacokinetics of the specific chelating agent. When using EDTA, DMPS or DMSA, urine collections up to 12 hours are sufficient to recover greater than 90% of the mobilized metals. Specifically, we recommend collection times of: 9 - 12 hours post intravenous EDTA, 6 hours post intravenous or oral DMPS and, 6 hours post oral bolus administration of DMSA. What ever collection time is selected by the physician, it is important to maintain consistency for subsequent testing for a given patient.

If an essential element is sufficiently abnormal per urine measurement, a descriptive text is included with the report. Because renal excretion is a minor route of excretion for some elements, (Cu, Fe, Mn Zn), urinary excretion may not influence or reflect body stores. Also, renal excretion for many elements reflects homeostasis and the loss of quantities that may be at higher dietary levels than is needed temporarily. For these reasons, descriptive texts are provided for specific elements when deviations are clinically significant. For potentially toxic elements, a descriptive text is provided whenever levels are measured to be higher than expected. If no descriptive texts follow this introduction, then all essential element levels are within acceptable range and all potentially toxic elements are within expected limits.

Reference intervals and corresponding graphs shown in this report are representative of a healthy population under non-provoked conditions. Descriptive texts appear in this report on the basis of measured results and correspond to non-challenge, non-provoked conditions.

Chelation (provocation) agents can increase urinary excretion of metals/elements. Provoked reference intervals have not been established therefore non-provoked reference intervals shown are not recommended for comparison purposes with provoked test results. Provoked results can be compared with non-provoked results (not reference intervals) to assess body burden of metals and to distinguish between transient exposure and net retention of metals. Provoked results can also be compared to previous provoked results to monitor therapies implemented by the treating physician. Additionally, Ca-EDTA provoked results can be used to calculate the EDTA/Lead Excretion Ratio (LER) in patients with elevated blood levels.

**CAUTION:** Even the most sensitive instruments have some detection limit below which a measurement cannot be made reliably. Any value below the method detection limit is simply reported as "< dl." If an individual excretes an abnormally high volume of urine, urinary components are likely to be extremely dilute. It is possible for an individual to excrete a relatively large amount of an element per day that is so diluted by the large urine volume that the value measured is near the dl. This cannot automatically be assumed to be within the reference range.

This analysis of urinary essential elements was performed by ICP-Mass Spectroscopy. Analysis of essential and other elements in urine is used primarily to identify and characterize renal wasting conditions. Analysis of essential elements in urine is not a direct approach for assessing nutritional status or adequacy. Blood, cell, and other assimilation and retention parameters are optimal direct indicators of essential element status.

If one intends to utilize urinary elements analysis to assess nutritional status or renal wasting of essential elements, it is recommended that unprovoked urine samples be collected for a complete 24 hour period. For 24 hour urine collections essential elements are reported as mg/24 h. For timed or first morning urine collections, elements are normalized per gram creatinine to avoid the potentially great margin of error which can be introduced by variation in the sample volume (concentration). It should be noted that creatinine excretion for an individual may vary to some extent over the course of a day, and from day to day.

If an essential element is sufficiently abnormal per urine measurement, a descriptive text is included with the report. If there are no descriptive texts following this introduction, all essential element levels are within acceptable range. All reference ranges are age and sex specific.

This analysis of urinary toxic metals and essential elements was performed by ICP-Mass Spectroscopy. Analysis of metals in urine is traditionally used for evaluation of very recent or ongoing exposure to potentially toxic metals. The urinary excretion of certain metals is known to be increased (provoked) to a variable extent after administration of specific chelating agents. Reference values and corresponding graphs are representative of a healthy population under non-provoked conditions; reference values have not been established for provoked urine samples.

Analysis of essential and other elements in urine is used primarily to identify and characterize renal wasting conditions. Analysis of essential elements in urine is not a direct approach for assessing nutritional status or adequacy. Blood, cell, and other assimilation and retention parameters are optimal direct indicators of essential element status.

If one intends to utilize urinary elements analysis to assess nutritional status or renal wasting of essential elements, it is recommended that unprovoked urine samples be collected for a complete 24 hour period. For 24 hour urine collections essential elements are reported as mg/24 h, and toxic metals are reported as µg/24 h. For timed, random or first morning urine collections, elements and metals are normalized per gram creatinine to avoid the potentially great margin of error that can be introduced by variation in the sample volume (concentration). It should be noted that creatinine excretion for an individual may vary to some extent over the course of a day, and from day to day.

If an essential element is sufficiently abnormal per urine measurement, a descriptive text is included with the report. For potentially toxic elements, a descriptive text is provided whenever levels are measured to be higher than the unprovoked reference values. If there are no descriptive texts following this introduction, all essential element levels are within acceptable range and all potentially toxic metals are at levels below the unprovoked reference values. All reference ranges and reference values are age and sex specific.

#### **Boron High**

Boron (B) is introduced to the body mainly through food (noncitrus fruits, leafy vegetables, nuts, legumes, wine, cider, beer) and drinking water but is also found in food preservatives (sodium borate), and insecticides (boric acid). Evidence for biological essentiality in animals (including humans) has been presented. It has been proposed that boron contributes to living systems by acting indirectly as a proton donor and that it exerts a particular influence on cell membrane and structure and function. In humans boron is responsible for the hydroxylation of various substances in the body. It may enhance the production of various hormones such as testosterone, estrogen, DHEA, and 1,25 dihydroxycholecalciferol. Boron is very readily absorbed and excreted in the urine yet its concentration remains quite low in the serum. Based on urinary recovery findings, more than 90% of ingested B is usually absorbed. Boron is distributed throughout the tissues and organs of animals and humans at concentrations mostly between 4.6 and 55.5 nmol (0.05 and 0.6 µg)/g fresh weight. Among the organs that contain the highest amounts of B are bone, spleen, and thyroid. It appears to be most concentrated in the thyroid gland.

Boron has a low order of toxicity even with intakes as high as 40mg/day in some parts of the world. However, high body burden of the element may be harmful, especially to young animals (including human neonates). Reports have shown that when doses equivalent to more than 46 mmol (0.5 g) B daily were consumed, disturbances in appetite, digestion, and health occurred. Acute toxicity signs include nausea, vomiting, diarrhea, dermatitis, and lethargy. High B ingestion also induces riboflavinuria.

#### **Cesium High**

This individual's urine Cesium (Cs) level is higher than expected, reflecting exposure to Cs but symptoms may not be evident. Very high levels of Cs in urine are often associated with the use of cesium chloride as a questionable anti-cancer treatment. Cesium is a naturally-occurring element found in rocks, soil and dust at low concentrations. It is present in the environment only in the stable form of Cs133; the radioactive isotopes 134Cs and 137Cs are not measured or reported by Doctor's Data. Natural deposits of Cs ores occur in Main, South Dakota and Manitoba (Bernic Lake), Canada. Cesium may bio-accumulate in aquatic food chains; higher levels of cesium have been found in Pacific deep-sea fish and local shellfish since the 2011 Fukushima reactor accident. Cesium may be used in high-density drilling fluids (oil and gas industry) and may contaminate local water and vegetation; Cs has been found in cow's milk. Cesium may occur naturally in mineral waters; one study analyzed the Cs concentration in 163 mineral and thermal waters and found the level ranged from 4.5 to 148 µg per liter.

Cesium can be absorbed after oral ingestion, upon breathing contaminated air and through contact with the skin. Cesium is readily absorbed across the brush border of the intestines in a manner similar to potassium and most is eventually excreted through the urine and feces. The biological half-life of Cs in humans ranges from 15 days in infants to 100-150 days in adults.

The cesium-137 isotope is used in cancer treatments, for ventricular function and pulmonary imaging studies, industrial radiology, and for food and instrument sterilization; Cs137 agents may contain small amounts of Cs133. Non-radioactive cesium chloride may be advertised on the internet as "high pH therapy." Currently there is no support in the scientific literature for that purpose as advertised. Radioactive Cs isotopes may contaminate soil at nuclear waste sites. Cesium may be used in industry for the production of photoelectric cells, vacuum tubes, spectrographic instruments, scintillation counters, DNA biochemistry, in various optical or detecting devices.

Target organs of potential toxic effects of Cs are the liver, intestine, heart, and kidneys. Physiological effects of excessive Cs include ventricular arrhythmias and displacement of potassium from muscle cells and erythrocytes. Cesium can have significant effects on both the central and peripheral nervous systems. Cesium may cause epileptic seizures because it can share the same receptor as the excitatory bioamine glycine. Cesium can interfere with active ion transport by blocking potassium channels and also can interfere with lipid metabolism. Excessive Cs may modify plasma membrane integrity, alter cytoplasmic components and cause cytogenetic damage.

It is unlikely that children or adults would be exposed to enough Cs133 to experience any health effects that could be related to the stable Cs itself. Animals given very large doses of Cs compounds have shown changes in behavior, such as increased activity or decreased activity, but it is unlikely that a human would be exposed to enough stable Cs to cause similar effects.

The isotope Cs137 is used in radiation therapy for certain types of cancer. Other medical uses of Cs are monitoring left ventricular function with Cs137 iodide probes and monitoring pulmonary endothelial permeability with Cs137 iodide crystal mini-detectors. Again, it is emphasized that Cs measured at Doctor's Data is Cs133, not Cs137. Environmental contamination by Cs137 as a result of radioactive fallout could be a concern. Exposure to Cs may be assessed by hair elemental analysis.

Commonly used chelating agents are not effective binders of Cs.

### Chromium High

The chromium level in this urine sample is high. Chromium (Cr) is essential for proper metabolism of glucose in humans. It potentiates the action of insulin via glucose tolerance factor (GTF) which is Cr+3 bound in a dinicotinic acid-glutathione complex. Other functions of Cr include aiding in lipid metabolism and assisting with HDL/LDL cholesterol balance.

Sources of exposure to hexavalent Cr (Cr+6) include: manufacture and use of ferrochromium and stainless steel, chromium plating (plumbing, electrical appliances, automotive parts), welding, commercial spray painting, wood finishing and leather tanning industries, and handling of cement. Extensive mining of Cr and disposal of spent ore presents a serious environmental problem in certain regions.

The molecular process of reducing Cr+6 to Cr+3 determines the degree of Cr toxicity due to the fact that Cr+6 can react with, for example, reduced glutathione, ascorbic acid, NADH, NADPH, lipids, proteins, and nucleic acids.

Phytates decrease oral assimilation of Cr+3 whereas nicotinic acid and vitamin C increase absorption of Cr+3. Zinc, vanadium and iron compete with Cr for absorption.

Significance of High Chromium: When present in excessive amounts, Cr+6 may be mutagenic and carcinogenic. Elevated Cr levels have been found in patients with cerebral thrombosis and cerebral hemorrhage. Self-supplementation has been reported to be associated with insomnia and increased unpleasant dream activity in some individuals. Exposure to Cr via excessive skin contact with reactive chemical forms can result in allergic dermatitis (sometimes with permanent skin sensitization to chromium) skin ulcers, bronchitis, and lung and nasal carcinomas. Systemic effects of absorbed Cr+6 may feature bronchial asthma (from inhaling Cr dusts) and kidney and/or liver dysfunction.

Other Useful Analyses: Depending upon the route of absorption of chromium, dermatological chromium problems may or may not be reflected by whole blood levels. Measurement of hyaluronidase activity in serum may be helpful as this has been seen to increase in Cr overexposure. Hair element analysis can be used to corroborate suspected recent Cr exposure. Provocative urine testing with EDTA can be used to assess Cr stores. EDTA, but not DMPS or DMSA, is an effective chelator of Cr.

### Magnesium High

This individual's magnesium level exceeds one standard deviation above the mean of the reference population which means that this individual's urine magnesium level corresponds to the highest 17% (approximately) of that population.

Elevated urine magnesium is an expected finding after administration of EDTA, with levels of 150 to 300 mg/24 hr commonly seen (adults). Elevated urine magnesium is not expected with administration of sulfhydryl agents (DMPS, DMSA, D-penicillamine).

Homeostatic regulation of blood magnesium levels is normally maintained within close limits, and homeostasis closely controls intestinal uptake and renal conservation. There are, however, many possible metabolic, hormonal, drug and (toxic) chemical influences which can increase renal excretion of magnesium, perhaps causing "magnesium wasting". These are listed below.

- Hypermagnesemia, excessive infusion of magnesium
- Hypercalcinuria/hypercalcinemia, excessive supplementation or infusion of calcium
- Hyperphosphaturia/hypophosphatemia
- Hypokalemia with urinary potassium wasting
- Hyperaldosteronism
- Hyperparathyroidism
- Alcoholism
- Hypertaurinuria/hypotaurinemia
- Diuresis: diabetes, use of thiazides, other diuretics
- Acidosis: fasting, diabetic ketoacidosis
- Renal tubular dysfunction/damage, postrenal obstruction, nephritis, Bartter's syndrome
- Nephrotoxic drugs/chemicals: amphotericin, cisplatin, aminoglycosides, cyclosporin, theophylline, pentamidine.

Many pesticides, herbicides and fungicides are nephrotoxic, and may cause renal wasting; others may cause renal insufficiency, depending upon dose and time elapsed after exposure (Kuloyanova and El Batawi, Human Toxicology of Pesticides, CRC Press 1991; Sittig, Pesticide Manufacturing and Toxic Materials Control Encyclopedia, Noyes Data Corp., 1980).

Magnesium status can be difficult to assess; whole blood and blood cell levels are more indicative than serum/plasma levels. The magnesium challenge method may be most indicative: baseline 24-hour urine Mg measurement, followed by 0.2 mEq/Kg of intravenous Mg, followed by 24-hour Mg measurement. A deficiency is judged to be present if less than 80% of the Mg challenge is excreted. Ref. Jones, et al. "Magnesium Requirements in Adults", Med Journal Clin Nutr, 20 (1967) p.632-35.

### Mercury High

This individual's urine mercury (Hg) is higher than expected but may not be sufficiently high to be associated with overt pathophysiological effects. Symptomatology depends on many factors: the chemical form of Hg, its accumulation in specific tissues, presence of other toxicants, presence of disease that depletes glutathione or inactivates lymphocytes or is immunosuppressive, and the concentration of protective nutrients, (e.g. zinc, selenium).

Early signs of excessive Hg exposure include: decreased senses of touch, hearing, vision and taste, metallic taste in mouth, fatigue or lack of physical endurance, and increased salivation. Symptoms may progress with moderate or chronic exposure to include: anorexia, numbness and paresthesias, headaches, hypertension, irritability and excitability, and immune suppression/ dysregulation. Advanced disease processes from excessive Hg assimilation include: tremors and incoordination, anemia, psychoses, manic behaviors, possibly autoimmune disorders and renal dysfunction or failure. Note that in Hg exposure of long duration, renal excretion of Hg (and normal metabolites) may become impaired, and the urine level of Hg might be only mildly elevated or not elevated at all due to renal failure.

Mercury is used in: dental amalgams (50% by weight), explosive detonators; some vaccines, pure liquid form in thermometers, barometers, and laboratory equipment; batteries and electrodes, some medications and Ayurvedic herbs, fungicides and pesticides, and in the paper industry. The fungicide/pesticide use of mercury has declined due to environmental concerns, but Hg residues persist in the environment. Emissions from coal-fired power plants and hospital/municipal incinerators are significant sources of mercury pollution.

Methylmercury, the most common, organic form of Hg, occurs by methylation of inorganic Hg in aquatic biota or sediments (both freshwater and ocean sediments). Methylmercury accumulates in aquatic animals and fish and is concentrated up the food chain reaching highest concentrations in large fish and predatory birds. Except for fish, the human intake of dietary mercury is negligible unless the food is contaminated with one of the previously listed forms/sources. Daily ingestion of fish can result in the assimilation of 1 to 10 micrograms of mercury/day.

Depending upon the extent of cumulative Hg exposure, elevated levels of urine Hg may occur after administration of DMPS, DMSA or D-penicillamine. Blood and especially red blood cell elemental analyses are useful for assessing recent or ongoing exposure to organic (methyl) Hg.

### Potassium High

The level of potassium (K) is higher than expected in this sample. Symptoms of elevated K may include mental confusion, weakness, numbness, tingling in the extremities, brady-cardia or irregular heart rhythm and ventricular fibrillation.

K is an electrolyte and a potentiator of enzymatic reactions in the body. Elevated K in hair may reflect overall retention of K by the body or maldistribution of this element. In adrenocortical insufficiency, K is increased in blood, while it is decreased in urine; cellular K may or may not be increased.

Appropriate tests to confirm excess K in body tissues may include measurements of packed red blood cell K; serum or whole blood K and sodium/K ratio. An assessment of adrenocortical function may be indicated for symptomatic patients with a confirmed elevation in serum K.

### Selenium High

Urine accounts for about one-half of the total body excretion of dietary selenium when normal amounts are ingested. Seafood, organ meats, cereal grains, and seleniferous vegetables (garlic, onions) are good dietary sources. Selenium is also excreted in sweat, and lesser amounts are present in fecal matter. Because diets are highly variable in selenium content, urine is not a reliable indicator of selenium adequacy or function. However, selenium excess or overload can feature high urinary levels. Without occupational or environmental exposure, or excessive dietary intake, urinary selenium is expected to be below 100 micrograms per liter.

Selenium can be toxic with long-term intake as low as 750 mcg/day. Essential daily selenium requirements range from 10 micrograms (infants) to 50-70 micrograms (adults). Some manifestations of chronic selenium exposure are: fatigue, jaundice, hyperpigmentation of skin, unstable blood pressure, reddish discoloration and structural degeneration of nails and teeth, and dizziness. A garlic-like breath odor usually occurs and there may be a metallic taste in the mouth. Acute selenium contamination generally occurs from inhalation of selenium fumes which inflame mucous membranes and cause coughing and irritation of eyes and nasal passages.

Packed red blood cell elements analysis is a more definite test for selenium status. Hair analysis may provide confirmation of selenium excess if exogenous sources of contamination (antidandruff shampoos) are eliminated.

### Strontium High

The primary use of Strontium (Sr) has been in the production of glass for color television cathode ray tubes (to block x-ray emissions) and in the production of metal alloys (e.g. aluminum, magnesium). The stable form of Sr is not known to pose any health threat. The prescription drug Strontium Ranelate is used in many countries (but not Canada or the USA) to increase bone density and reduce the occurrence of fractures. The isotope <sup>90</sup>Sr (found in nuclear fallout) can lead to bone disorders, including bone cancer. The isotope <sup>89</sup>Sr is a beta emitter used for palliation of pain in patients with metastatic bone cancer - after intravenous administration, up to 80% of the isotope is eliminated in urine (1).

Urine Sr levels provides useful information in the biological monitoring of the presence of this element in individuals therapeutically or environmentally exposed to Sr.

### Thallium High

This individual's urine thallium (Tl) is higher than expected, but associated symptoms or toxic effects may or may not be presented. Presentation of symptoms can depend upon several factors including: chemical form of the Tl, mode of assimilation, severity and duration of exposure, and organ levels of metabolites and nutrients that effect the action of Tl in the body.

Thallium can be assimilated transdermally, by inhalation, or by oral ingestion. Both valence states can have harmful effects: Tl+1 may displace potassium from binding sites and influences enzyme activities; Tl+3 affects RNA and protein synthesis. Tl is rapidly cleared from blood and is readily taken up by tissues. It can be deposited in kidneys, pancreas, spleen, liver, lungs, muscles, neurons and the brain. Blood is not a reliable indicator of Tl exposure.

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Symptoms that may be associated with excessive Tl exposure are often delayed. Early signs of chronic, low-level Tl exposure and retention may include: mental confusion, fatigue, and peripheral neurological signs: paresthesias, myalgias, tremor and ataxia. After 3 to 4 weeks, diffuse hair loss with sparing of pubic and body hair and a lateral fraction of eye-brows usually occurs. Increased salivation occurs less commonly. Longer term or residual symptoms may include: alopecia, ataxia, tremor, memory loss, weight loss, proteinuria (albuminuria), and possibly psychoses. Ophthalmologic neuritis and strabismus may be presented.

Environmental and occupational sources of Tl include: contaminated drinking water, airborne plumes or waste streams from lead and zinc smelting, photoelectric, electrochemical and electronic components (photoelectric cells, semiconductors, infrared detectors, switches), pigments and paints, colored glass and synthetic gem manufacture, and industrial catalysts used in some polymer chemistry processes. Thallium is present in some "weight loss" supplements (e.g. Active 8) at undisclosed levels ("trade secret").

Hair (pubic or scalp) element analysis may be used to test for suspected Tl exposure. Although urine is the primary natural route for excretion of thallium, the biliary/fecal route also contributes. Therefore, fecal metals analysis provides a confirmatory test for chronic ongoing exposure to Tl. Clinical findings that might be associated with excessive Tl are: albuminuria, EEG with diffuse abnormalities, hypertension, and elevated urine creatinine phosphokinase (CPK). No provocation agents are currently available to estimate Tl retention by means of urinalysis.